

SLIPS, TRIPS AND FALLS

Slips, trips, and falls are among the most common hazards in the workplace. They put many workers at risk of sprains, strains, cuts, bruises, fractures, and other injuries. At worst, they can also lead to death, especially in high-risk occupations. But with adequate training and safety practices, we can keep our personnel safe from these hazards.

SLIPS

Slips occur when there is little to no traction between the footwear and the walking surface. Since the friction is too small to hold the feet on the ground, a person can lose their balance. For example, if a supermarket staff member runs on a wet produce aisle, they will most likely slip on the floor.



HAZARDS

- Wet Spills (water, mud, grease, oil, etc.)
- Weather Hazards (ice, snow, rain)
- Greasy shoes, Wornout shoes
- Climbing ladders
- Metal surfaces
- Vehicle steps
- Loose mats/rugs

TRIPS

On the other hand, tripping happens when a person’s foot hits an object or steps down to a lower, uneven surface. Any of the two can disrupt a person’s balance and make them lose their footing. For example, an electrical engineer can trip on tangled cables lying on the floor.



HAZARDS

- Clutter on the ground
- Misplaced equipment
- Obstructed view
- Poor lighting
- Equipment covered by brush
- Uneven walkways
- Damaged steps

FALLS

Falls are the number one cause of fatalities among tree workers. They can happen to anyone if they stumble and fall too far off their center balance. The Occupational Safety and Health Administration (OSHA) classifies them into two types:

- Fall at the same level—occurs on the same working surface
- Fall to a lower level—takes place below a person’s working surface, common for those working at heights.



HAZARDS

- Weak or damaged equipment
- Ledges without proper railing
- Carrying heavy objects
- Unprotected edges
- Unsafely positioned ladders
- Misused fall protection and height access equipment
- Poor climb rope positioning
- Limb/tree failure
- Poor tie in point

5 Tips to Prevent Slips, Trips and Falls



Good Housekeeping

- Keep clutter away from walkways
- Close drawers when not in use
- Throw away trash
- Put equipment back in its place



Proper Footwear

(ANSI) requires the use of non-slip shoes with good traction. These shoes should also protect workers from static electricity, falling objects, explosions, exposure to hazardous substances, and other risks.



Safety Signs

Safety signs and markers are a must in preventing slips, trips, and falls. Installing them warns people about walking in hazardous spaces to keep them safe.



Spill Clean Up

In case of spills, have them cleaned as soon as possible. Mop and sweep or dry any substance on the floor that could slip or trip another person. Proper cleaning ensures that the floor is free from hazardous elements so that people can walk safely.



Plans and Protocols

A well-thought safety plan cements all efforts in promoting fall protection, especially in high-risk workspaces it is crucial to implement a slips, trips, and falls risk assessment.

Sources: <https://ehs.yale.edu/sites/default/files/files/slip-trip-fall.pdf>, <https://safetyculture.com/topics/slips-trips-and-falls/>

THIS PUBLICATION'S MATERIAL IS OFFERED JUST FOR INFORMATIVE REASONS AND SHOULDN'T BE USED AS LEGAL ADVICE ON ANY TOPIC. YOU SHOULDN'T ACT OR STOP FROM ACTING BASED ON ANY OF THE INFORMATION IN THIS INFOGRAPHIC WITHOUT FIRST CONSULTING A LAWYER OR OTHER QUALIFIED EXPERT. IN ADDITION, WE DISCLAIM ANY LIABILITY IN CONNECTION WITH THIS PUBLICATION AND SAMPLE POLICIES AND PROCEDURES, INCLUDING ANY INFORMATION, TECHNIQUES, OR SAFETY RECOMMENDATIONS CONTAINED HEREIN. WE DO NOT GUARANTEE THE CORRECTNESS OF THIS MATERIAL OR ANY OUTCOMES. FURTHERMORE, IT CANNOT BE ASSUMED THAT THIS INFOGRAPHIC CONTAINS ALL APPROPRIATE SAFETY AND COMPLIANCE PROCEDURES OR THAT FURTHER PROCESSES MIGHT NOT BE NECESSARY IN CERTAIN SITUATIONS.

WEST COAST
FORESTRY